

Flex Lewis Classic

October 13th. 2018

General Information

Date: Saturday, October 13, 2018

Location: Embassy Suites, 1200 Conference Center Blvd., Murfreesboro, TN 37129

Director: Bobby Betts/phone: 931-255-1008, email: pressfitnessipa@gmail.com

Entry Fees ENTRY FEE PER DIVISION, PER LIFTER: Full Power \$120, Push/Pull \$100

Bench-Deadlift-Squat Only \$80, All Crossovers \$40

No refunds for cancellation. If cancellation is due to an injury or family emergency, we will

credit the entry fee toward the next IPA event directed by Bobby Betts only.

Divisions There are 2 divisions: Amateur which is a drug-tested division and Professional which is a

non-drug tested division. Drug testing is by urinalysis.

RAW AND EQUIPPED SUB-DIVISIONS:

• Open Men • Submaster (men & women)

• Open Women • Master (men & women)

• Teen (men & women) • Junior (men & women)

• Police (men & women

Weight Classes Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Saturday: LIFTERS MEETING @ 8:30am. Sharp

LIFTING STARTS @9am. Sharp

Weigh-ins At Meet Site: Embassy Suites, 1200 Conference Center Blvd., Murfreesboro, TN 37129

Times: Friday Oct 12th. 9am-12pm and 4pm-7pm

Saturday Oct 13th. 6am-7:30am.

Rules International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications.

One-piece lifting suit must be worn. For rules and regulations, visit the IPA website at

www.IPAPOWER.com

Deadline ENTRY DEADLINE: FRIDAY, SEPTEMBER 21, 2018

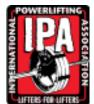
IPA Registration IMPORTANT!! IPA CARDS WILL NOT BE AVAILABLE FOR PURCHASE AT THE MEET.

MEMBERSHIPS MUST BE PAID FOR SEPARATELY FROM THE ENTRY. IPA CARDS ARE

AVAILABLE FOR PURCHASE IN ADVANCE ONLINE AT

<u>WWW.IPAPOWER.COM/IPAMEMBERSHIP.HTM</u> FOR AN ANNUAL FEE OF \$35 FOR ADULTS, AND \$30 FOR TEENS IF MAILED. ONLINE PURCHASES THROUGH PAYPAL ARE \$37 ADULTS AND \$32 TEENS. MEMBERSHIPS PURCHASED AFTER THE DATE OF THE MEET WILL NOT

BE RETROACTIVE TO THE DATE OF THE MEET!



PROFESSIONAL OR AMATEUR ... NEED HELP CHOOSING YOUR DIVISION?

The IPA has two divisions: *Professional and Amateur* so all lifters can co-exist under the umbrella of one Association. The **Professional Division**: Standard lifting rules apply *(please see Personal Equipment section of Rule Book)*. The division is open to anyone who wants to enter as a Professional, no matter what he or she

totals. The *Pro Division* has its own world and state records. Records will be kept in all subdivisions, except for Special Olympics.

Amateur Division: Standard lifting rules apply (please see Personal Equipment section of Rule Book). The division is open to anyone who wants to enter the Amateur division, no matter what he or she totals. It is a 100% Drug Free Division. Any lifter breaking or setting an Open Amateur IPA World Record and/or wins a Best Lifter Award at any meet will be tested for steroids by urinalysis.

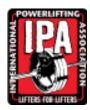
Lifters will be tested for anabolic steroids through the use of urinalysis. Testing will be random and chosen by the Meet Director. Lifters can be tested at any time during the meet at the Meet Director's discretion. An Amateur lifter must be prepared to provide a sample of his/her urine after competing if randomly chosen (there is no charge for the Amateur Division lifters unless the test results are positive). To protect the integrity of the drug test, the urine sample must be processed by the appropriate official. If urinalysis test results are negative, the meet director will absorb the cost of the drug test. If urinalysis test results are positive, the lifter will be responsible for all expenses associated with the drug test. Subsequently, all of the lifter's records and accomplishments to date will be disqualified, and the lifter will be suspended from IPA competition for life.

If the lifter enters a meet as an *Amateur* and totals a *Professional* total, he/she will be classified as an Amateur pending the results of drug testing by urinalysis. Amateur records set or broken are pending drug test results. *Amateur* records will be kept in all subdivisions.

Raw Lifting: This division allows knee wraps (in the squat only), lifting belt and wrist wraps.

| IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW) | | | | | | | | | | |
|--|-----------------|------------|-------------------|-----------|------------|-------------------|------------|-------------------|-----------|--|
| MEN'S DIVISIONS | | | | | WOMEN'S D | WOMEN'S DIVISIONS | | | | |
| Weight | <u>Equipped</u> | | <u>Unequipped</u> | | Weight | Equipped | | Unequipped | | |
| Class | Pro | M * | RAW PRO | RAW M* | Class | Pro | M * | RAW PRO | RAW M* | |
| 114 | 1085 | 976 | 904 | 850 | 97 | 680 | 612 | 543 | 491 | |
| 123 | 1210 | 1089 | 984 | 904 | 105 | 732 | 659 | 581 | 529 | |
| 132 | 1300 | 1170 | 1059 | 974 | 114 | 790 | 711 | 623 | 567 | |
| 148 | 1450 | 1305 | 1185 | 1087 | 123 | 857 | 771 | 665 | 604 | |
| 165 | 1580 | 1422 | 1298 | 1190 | 132 | 895 | 805 | 703 | 637 | |
| 181 | 1692 | 1523 | 1396 | 1279 | 148 | 953 | 858 | 773 | 702 | |
| 198 | 1780 | 1602 | 1471 | 1354 | 165 | 1027 | 924 | 853 | 759 | |
| 220 | 1875 | 1687 | 1551 | 1476 | 181 | 1149 | 1034 | 895 | 815 | |
| 242 | 1940 | 1746 | 1607 | 1497 | 198 | 1192 | 1073 | 960 | 871 | |
| 275 | 2000 | 1800 | 1654 | 1518 | 198+ (SHW) | 1260 | 1134 | 1012 | 918 | |
| 308 | 2040 | 1836 | 1728 | 1594 | | | | | | |
| SHW | 2085 | 1876 | 1748 | 1614 | | | | *M - | Master | |
| *Totals below those posted above are considered Amateur Classification totals. | | | | | | | | | | |

FLEX LEWIS CLASSIC



OFFICIAL ENTRY FORM

Embassy Suites, 1200 Conference Center Blvd., Murfreesboro, TN 37129

OCTOBER 13, 2018

pressfitnessipa@gmail.com Bobby Betts/Phone: 931-255-1008

| FULL POWER BENCHORDEADLIN PUSH/PULL | TMAN WOMAN | AMATEUR PROFESSIONAL | RAW EQUIPPED | | | | |
|--|--|---|---|--|--|--|--|
| Open Men's Open Women Weight Class | Teen (age) Master (age) | | _ Submaster | | | | |
| OTHER FEES: Entry Fee: Full | Power \$120, Push/Pull S | \$100, Bench-Deadlift-Squat O | nly \$80, All Crossovers \$40 | | | | |
| Spectator Fees: Pre-Judge/Expo T | icket Price (Flex Lewis | Classic) | | | | | |
| Name: | | Age Birth | Date | | | | |
| Street address: | | | | | | | |
| City | | State | Zip | | | | |
| Phone | Email A | ddress | | | | | |
| PAYMENT CHOICE: Wisa Mastercard | ☐ Check ☐ Mon | ney Order | | | | | |
| Cardholder Name: | Card Number: | | | | | | |
| Cardholder Street Address: | | | | | | | |
| City:Exp. Month/Year: | | State: Z | ıp: | | | | |
| Powerlifting Association (IPA), Bobby Betts shareholders, of and from any and all rights, directly, indirectly or in any way associated I represent that I know of no medical risk of accidental, medical injury or consof powerlifting. | Please make checks pa 38562 ecutors, administrators, and assist, Press Fitness, Chaillet's Privacelaims, demands, lawsuits, and with my participation in the pocal reason or condition that work equential damages resulting from the Cost of this test. It is rights, claims, demands, lawsuits, and the cost of this test. It is rights, claims, demands, lawsuits, and the cost of this test. | igns, I hereby irrevocably waive, release ate Fitness, Inc., their respective officer I causes of action due to or arising from werlifting competition sponsored by Bould impair my ability to participate in the my participation. I acknowledge, unmay be selected to take a urinalysis test of the test is found to be negative, the IP uits and causes of action against everyo | e and fully discharge the Internationals, directors, employees, agents, and any accident, injury, damage or loss obby Betts and Press Fitness. This event, and I hereby assume any adderstand and accept the inherent risks. If this test is found positive for A will pay for the test. By signing the ne connected with this contest with | | | | |
| terms and have signed this release freely a | | stand its incaming and consequences, | and intend to be legally bound by | | | | |
| Signature (in full) of applicant | Date | Signature (in full) of parent or gua | rdian if applicant Date | | | | |